



It's Flu Season Again!

Check with your local health department or visiting nurses association for flu shots. Below are links to check for information regarding flu shot opportunities around the state.

Ingham County Health Department

Immunization Clinic

(517) 887-4350 or 887-4316

<http://www.ingham.org>

MidMichigan

Visiting Nurses Association

(989) 839-1789

<http://www.midmichigan.org>

Southeast Michigan

Detroit Dept. of Health and Wellness Promotion

(313) 876-4000

<http://www.ci.detroit.mi.us/health/default.htm>

Michigan Visiting Nurses Association

(800) 842-5504

<http://www.umvn.com/Default.asp>

Visiting Nurse Association of Southeast Michigan

(800) 296-8600

http://www.vna.org//myh_fluPneumonia.aspx

Upper Michigan

VitalCare

(231) 439-0875

West Michigan

Visiting Nurses Association

(800) 774-2702

The Centers for Disease Control & Prevention (CDC) website contains a wealth of information about flu. <http://www.cdc.gov/flu/>

HMO participants, check with your health maintenance organization about getting your flu shot. Co-pays may apply, but generally are \$10 or less.

Individuals enrolled in the **state health plan PPO** do not have a co-pay when the flu shot is obtained through their doctor.

Be sure to go to a participating provider to obtain your shot.

**Who
Should Get
A [Flu Shot](#)?**

Look for Flu Shot Opportunities in Your Area:

- Find a Visiting Nurse Association in southeast Michigan:
http://www.vna.org//myh_findvna.aspx
- Find a Visiting Nurse Association in other Michigan areas:
<http://www.vnaa.org/vnaa/g/?h=HTML/Home.html&theCurrentChoice=Home>
- Find a Local Health Department in Michigan:
<http://www.malph.org/page.cfm/108>
- Check with your personal physician.

American Lung
Association
[Flu Shot Locator](#)

Health Plan PPO and State Sponsored HMOs

BCBS of Michigan PPO
(800) 843-4876
www.bcbsm.com

Blue Care Network
(800) 662-6667
www.mibcn.com/home/index.shtml

Care Choices Health Plan
Ann Arbor Area
(800) 852-9780
www.carechoices.com

Grand Valley Health Plan
(616) 949-2410
www.gvhpcchoosewell.com

Health Alliance Plan
(800) 422-4641
www.hap.org/healthy_living/worksiteshealth/flu_shots.php

HealthPlus of Michigan
Flint (800) 332-9161
Saginaw (800) 942-8816
www.healthplus.com

M-CARE
(800) 658-8878
www.mcare.org/include/template.cfm?ID=1008

Physicians Health Plan of Mid-Michigan
(800) 832-9186
www.phpmm.org

Physicians Health Plan of South Michigan
(Jackson)
(800) 394-7569
www.phpcares.com

Priority Health
(800) 446-5674
www.priority-health.com

Total Health Care
(800) 826-2862
www.totalhealthcare-online.com



Don't Get Caught
With the Flu!!